

In The Claims:

- 1 1. An athletic training device for use in blocking balls, comprising:
2 a front layer intended to contact a hit ball;
3 a rear layer, which is intended to absorb force transmitted to said front
4 layer;
5 an insert portion disposed between and secured to each of said front
6 layer and said rear layer, said insert portion being comprised of a relatively
7 stiff material; and
8 a hand receiving portion to allow receipt of a user's hand therein.

- 1 2. The training device of claim 1, wherein said training device is a
2 volleyball blocking training device.

- 1 3. The training device of claim 2, wherein said insert portion is
2 comprised of a plastic material.

- 1 4. The training device of claim 2, wherein said front layer and said
2 rear layer are comprised of a foam material.

- 1 5. The training device of claim 4, wherein said rear foam layer is
2 thicker than said front foam layer.

- 1 6. The training device of claim 2, wherein said insert portion is
2 designed to provide some flexibility, but is stiff enough to prevent the ball
3 from consistently passing over or through the training device.

- 1 7. The training device of claim 1, wherein said insert portion is
2 glued to said front layer on one side and is glued to said rear layer on the
3 other side.

1 8. The training device of claim 4, further comprising:
2 a covering surrounding said front foam layer, said insert portion, and said
3 rear foam layer.

1 9. The training device of claim 8, wherein said covering is
2 comprised of a fabric material.

1 10. The training device of claim 1, wherein said hand receiving
2 portion is configured in the shape of a glove.

1 11. A volleyball blocking pad, comprising:
2 a foam portion;
3 a relatively stiff portion disposed in said foam portion;
4 an outer covering encapsulating said foam portion; and
5 a hand receiving portion secured to said outer covering.

1 12. The blocking pad of claim 11, wherein said foam portion is
2 comprised of a front foam portion and a rear foam portion.

1 13. The blocking pad of claim 12, wherein said relatively stiff
2 portion is disposed between said front foam portion and said rear foam
3 portion.

1 14. The blocking pad of claim 12, wherein said front foam portion is
2 thinner than said rear foam portion.

1 15. The blocking pad of claim 11, wherein said relatively stiff
2 portion is comprised of a plastic material that also provides some flexibility.

1 16. The blocking pad of claim 11, wherein said outer covering is
2 removable.

1 17. The blocking pad of claim 11, wherein said hand receiving
2 portion is configured in the shape of a glove.

1 18. A volleyball blocking pad, comprising:
2 an absorbing portion for absorbing some force of a contacting
3 volleyball;
4 a relatively stiff portion in communication with said absorbing portion
5 to allow said blocking pad to block said contacting ball, but still flex slightly
6 backward;
7 a hand portion in communication therewith for receipt of a user's hand
8 therein.